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PAGE 15



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Monday, November 19, 2012

News worth sharing.



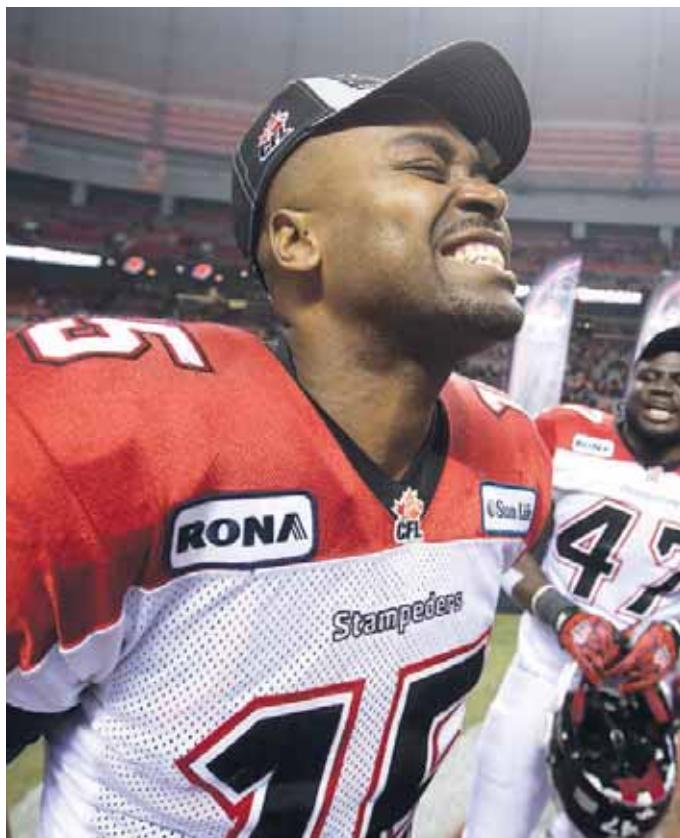
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GREY CUP MATCH SET

Toronto Argonauts quarterback Ricky Ray, right, celebrates his victory over the Montreal Alouettes in the CFL Eastern final on Sunday. The Argos won 27-20 and will move on to the 100th CFL Grey Cup final to face Kevin Glenn, left, and the Calgary Stampeders, who beat the B.C. Lions 34-29. For more coverage, see page 24. LEFT: DARRYL DYCK/THE CANADIAN PRESS; RIGHT: PAUL CHIASSON/THE CANADIAN PRESS

Body found in Fort McMurray

Wood Buffalo RCMP investigate after a woman was found dead downtown PAGE 3

Gaza fighting intensifies

At least 11 civilians, mostly women and children, were killed after an Israeli missile reduced a two-storey house to rubble in Gaza City PAGE 6

Get some fire in your belly

The French stew known as pot-au-feu gets an untraditional makeover with flank steak, assorted vegetables and wasabi cream PAGE 20



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La Crete

Pilot crashes,
dies after
running into
heavy fog

A 52-year-old man died on Saturday when the plane he was piloting crashed near La Crete Airport.

RCMP in Fort Vermilion and High Level were notified that an emergency beacon had been detected by the rescue co-ordination centre in Trenton, Ont., shortly after 6 p.m. on Saturday. The plane was flying between High Level and La Crete when the pilot encountered heavy fog.

Mounties were later notified that the crash site had been found a few kilometres from La Crete airport. The RCMP and Transport Canada are investigating.

METRO

RCMP probe

Police investigate
body found in
Fort McMurray

Wood Buffalo RCMP are conducting an investigation after a woman was found dead on Saturday in downtown Fort McMurray by a man walking his dog.

Police were dispatched to the King Street area of downtown to assist EMS, according to a news release. Upon arrival, police and medics found the deceased woman.

A passerby had stumbled across the body while walking his dog and alerted EMS.

The Mounties are investigating.

Witnesses or anyone else with information are asked to call Wood Buffalo RCMP at 780-788-4000 or Crime Stoppers at 1-800-222-8477.

METRO



The Whitemud Amusement Park on 75 Street stands in the way of the proposed southeast LRT line. The city has tried to buy the property but the sides have yet to reach an agreement. RYAN TUMILTY/METRO

Amusement park lies on route of southeast LRT

Path of progress.
Council to debate
expropriation
on Monday

RYAN
TUMILTY
ryan.tumilty@metronews.ca

The southeast LRT will have to cross a different type of track on its way downtown, as a south-side amusement park and go-kart track stand in its path.

City council's executive committee will debate starting the expropriation process on three properties on the route's proposed line, including the Whitemud Amusement Park.

Southeast LRT

- Council has already approved an LRT route from Mill Woods Town Centre to Churchill Square.
- The line is budgeted at \$1.8 billion, with the city's share being \$800 million and the rest coming from the federal and provincial governments, who have not yet committed the cash.
- Once funding is secured, the LRT will take about three years to build. It will take another six months to commission it for regular use.

A report going to the executive committee says the city has tried to buy the property but the two sides have been unable to come to an agreement.

Coun. Amarjeet Sohi said it's unfortunate a deal hasn't been reached on the property, but he believes the city will act fairly.

"We want to make sure that we are fair to everybody involved. We understand the impact on business," he said.

Sohi said the ideal solution would have been to create an LRT right-of-way decades ago.

but now it has to move ahead and, unfortunately, there will be some dislocation.

"We need to continue to move ahead on the LRT and it is unfortunate that the LRT is going through established neighbourhoods and established industrial areas."

Sohi said if council goes ahead with the expropriation, he is hopeful a deal can still be reached with the owner.

If the owner objects to expropriation, there is a mandated provincial inquiry that looks into all the circumstances of proposed land takeovers.

When contacted, the general manager of the park declined to comment and said only that the discussions were very early.

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NEWS

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Crime of the month. Crime Stoppers seeking suspected gas 'n' dasher

The Edmonton and Northern Alberta Crime Stoppers are looking for a person they believe may have fuelled and dashed in September at a city gas station.

On Sept. 2, according to information provided to Metro Edmonton through Crime Stoppers, the driver of an Acura fuelled his vehicle with nearly \$60 of gas at a Petro Canada at 1830-102 St. around 3 p.m. and then left the scene without paying.

The licence plate on the vehicle was registered to the owner of a Dodge Charger, according to police, though they are unable to locate the owner.

Police are unable to identify the registered owner as the person in the accompanying photo.

The suspect is in his 20s, five-foot-10 and 170 pounds, with short black hair and brown eyes, a slight beard, and is believed to be East Indian.

Anyone with information



Edmonton police are looking for this person, who may have information in a fuel-and-dash case. CONTRIBUTED

on this, or any other case, is asked to call Edmonton and Northern Alberta Crime Stoppers at 1-800-222-8477 (TIPS) or the Edmonton Police Service at 780-423-4567. METRO



Shelter seeking donations. Formerly homeless couple getting married

A year ago they were homeless, sleeping in a parking garage and preparing for a baby.

Today, they have a five-month old child and an apartment of their own. And they're planning a wedding.

For the first time ever, Youth Empowerment and Support Services (YES) is hosting a wedding for two clients.

The 21- and 20-year-old did not want to be interviewed, but their support worker has taken on the role of wedding planner, and the organization is seeking donations for the couple's big day on Nov. 30.

When recent wedding-venue plans fell through, support worker Nikki Davidson suggested the couple have

Homeless to hitched

"Everybody deserves to have the wedding they want."

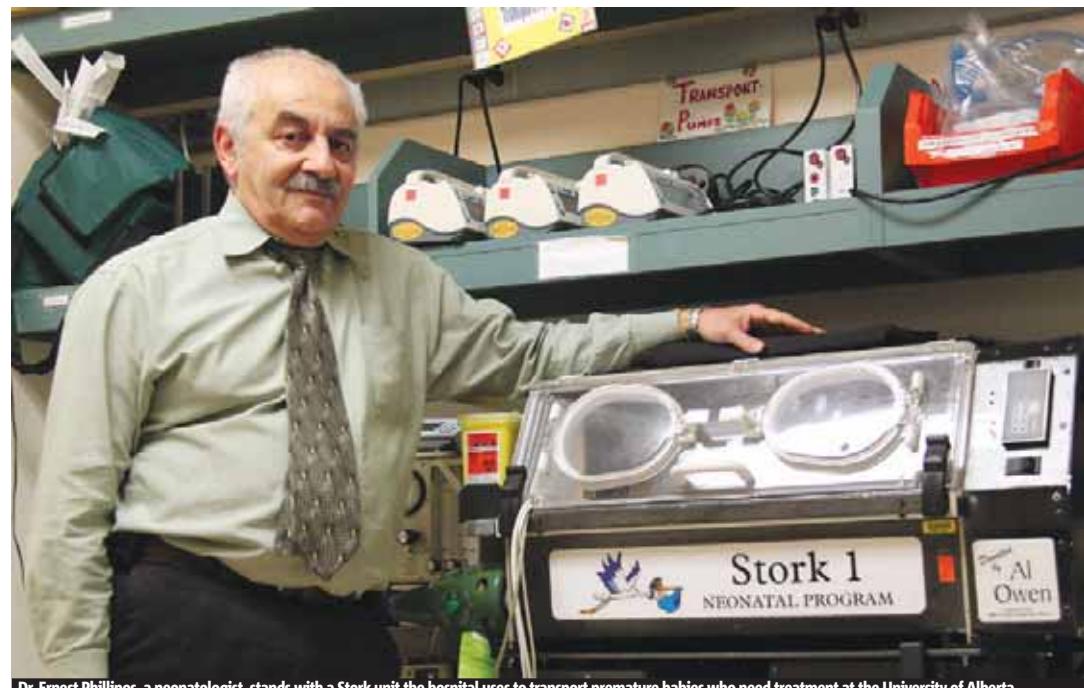
Facilities administrator Dawn Sonnenberg

their wedding at YES.

The couple loved the idea and staff from all departments have come together to help plan.

The non-profit organization is seeking gift certificates to special-event rental companies or Michaels, or prepaid Visa or MasterCard gift cards to purchase flowers, decor and food for the small wedding.

ANNALISE KLINGBEIL/METRO



Dr. Ernest Phillipos, a neonatologist, stands with a Stork unit the hospital uses to transport premature babies who need treatment at the University of Alberta hospital. Many of the babies treated at the Stollery are transported from northern parts of the province through STARS or ground ambulances. RYAN TUMILTY/METRO

The challenges of premature births

Unpredictable.

Canadian Premature Babies Foundation hopes to raise awareness about issue

RYAN TUMILTY
ryan.tumilty@metronews.ca

When Katharina Staubs brought her twins into the world, she could hold each of them in one hand.

Born in 2008, and 13 weeks premature, her one boy and one girl were tiny, less than two pounds each,

and Staubs said it was hard to cope.

"That was an experience that was very difficult because you don't know if your children are going to live," she said. "It is really hard when you see your child bandaged up on a breathing apparatus."

Staubs is president and founder of the Canadian Premature Babies Foundation and said she hopes to raise awareness about challenges both babies and parents face over relatively simple things.

"It is hard to bond, because often you aren't really even able to hold your

child."

Dr. Ernest Phillipos, a neonatologist at the Stollery, said some risk factors for premature births include the age of the mother, diabetes and obesity in pregnancy, as well as smoking, but most premature births are unexplained.

"Two-thirds of them are just spontaneous and we can't predict them," he said.

Phillipos added that premature babies face an uphill battle and lengthy hospital stays.

"What we tell parents when a baby is born prematurely is that ... they are likely to stay in hospital."

Premature births

- Highest in the country.**

One in 10 babies in Canada is born prematurely, which is any point earlier than 37 weeks of gestation. Alberta's rate is the highest in the country, about one per cent above the national average.

- Borderline cases.** Babies born 23 to 25 weeks are generally considered borderline cases, and have a high mortality rate.

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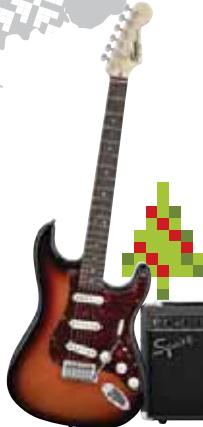
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Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict.

Missile strike amounts to single deadliest incident of current operation

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics. The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

U.S. President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going

to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground invasion into Gaza, warning it could only deepen its death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he defended Israel's right to defend itself.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Is-

Bloodshed

Women and young children were killed in a relentless Israeli attack — the worst in this round of fighting

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

raeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza imposed since Islamists seized the territory by force. Hamas also seeks Israeli guar-



Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."

Israeli Prime Minister Benjamin Netanyahu

antees to halt targeted kill-

ings of its leaders and military commanders. Israeli officials reject such demands. They say they are not interested in a "time-out," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short lived.

Gaza militants continued their barrage of rocket fire at

Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, two moderately, according to police spokesman Mickey Rosenfeld. Israel's "Iron Dome" rocket-defence system shot down at least 30 rockets, including the ones aimed at Tel Aviv.

THE ASSOCIATED PRESS

Syrian gunfire draws shelling from Israel

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria

in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice before, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli

military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President

Bashar Assad or forces loyal to him.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction.

THE ASSOCIATED PRESS

Syrian uprising

- Ruthless killing. Fighting has raged nationwide over the weekend, killing at least 108 people on Saturday alone, according to activists.
- Death toll. More than 36,000 people have been killed since the Syrian uprising began in March 2011.

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Young people hold placards during a protest against gay marriage in Paris on Sunday, organized by the fundamentalist Christian group Civitas. The placard at the centre reads: "No to homosexual marriage." THIBAUT CAMUS/THE ASSOCIATED PRESS

Topless activists clash with Catholics

Same-sex marriage. Several thousand take to the streets in cities across France to protest the draft law

members stage pranks to support gay rights, have taunted a march in Paris by Catholics who oppose France's draft law to legalize gay marriage.

The Catholic group Civitas organized Sunday's march by several thousand people carrying pro-family banners.

Several Femen activists turned up topless and chanted "in gay we trust."

That prompted several anti-gay-marriage protesters to hit the Femen members and push them to the ground.

On Saturday thousands took to the streets in cities across France to protest the draft law, which could see marriage and adoption legalized for gay couples early in 2013.

THE ASSOCIATED PRESS

The controversial Ukrainian group Femen, whose topless

San Francisco. City may toughen public nudity laws with Tuesday vote

San Francisco may be getting ready to shed its image as a city where anything goes, including clothing.

City lawmakers are scheduled to vote Tuesday on an ordinance that would prohibit nudity in most public places, a blanket ban that represents an escalation of a two-year tiff between a devoted group of men who strut their stuff through the city's famously gay Castro District and the supervisor who represents the area.

Supervisor Scott Wiener's proposal would make it illegal for a person over the age of five to "expose his or her genitals, perineum or anal region on any public street, sidewalk, street median, parklet or plaza" or while using public transit.

A first offence would carry a maximum penalty of a \$100 US fine. THE ASSOCIATED PRESS

Gay pride exempted

Exemptions would be made for participants at permitted street fairs and parades, such as the city's annual gay-pride event.

- A third violation could see a \$500 fine and a year in jail.

• "I don't think having some guys taking their clothes off and hanging out seven days a week at Castro and Market Street is really what San Francisco is about. I think it's a caricature of what San Francisco is about," said supervisor Wiener. The proposed ban predictably has produced outrage, as well as one lawsuit.

Santa Monica

Legal battle over nativity scene begins

The city of Santa Monica, Calif., has allowed an elaborate nativity scene in its Palisades Park each Christmas for nearly 60 years, but officials are ending the tradition this year after an atheist set up his own non-religious display and it caused an uproar.

Now, the churches behind the nativity are suing and claim the city violated their freedom of speech by stopping the tradition.

A court hearing Monday in Los Angeles could decide the fate of this year's nativity.

The churches want a judge to block the city's ban on private and unattended displays in the park until the case is resolved. The city is asking court to dismiss the lawsuit. THE ASSOCIATED PRESS



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Nunavut, where going to court can be an adventure

Cold justice. Court held in whatever building is available, sometimes with no heat, and it's too cold for court reporting equipment or even pens to work properly

Somewhere between tales of judges bunking with strangers and pushing airplanes out of the mud, it becomes clear Nunavut's court system works a little differently.

In the provinces, new courthouses are under construction and justice officials have embarked on electronic filing projects. In Nunavut, the community centres that serve as temporary courthouses don't always have toilets and Internet service is often non-existent.

Based in the capital, Iqaluit, the court system serves 24 communities across the vast 1.9-million-square-kilometre territory. So convening sessions of court requires packing up a twin-engine plane with a judge, a court clerk, an interpreter, their equipment and everything from first-aid kits to extension cords.

When the court party arrives in town, the weather might be cold, and there's often only one small hotel in each community. Reservations guarantee a bed, not necessarily a room.

"The hotels often will put other people in the other bed, so our judges have to ensure they take pyjamas because



Nunavut Court Justice Earl Johnson, left, and legal counsel and court staff push a plane in Sanikiluaq, Nunavut, in this handout photo. Somewhere between tales of judges bunking with strangers and pushing airplanes out of the mud, it becomes clear Nunavut's court system works a little differently. CONTRIBUTED/GERALD ST-AMOUR/THE CANADIAN PRESS

there's no guarantee it will in fact be someone of the same sex," said Nunavut Court Senior Justice Robert Kilpatrick.

The six judges of the Nunavut Court of Justice take turns travelling on the circuits, hearing everything from small claims cases right up to murder trials. They're the only judges in Canada to hear all three levels of court.

"Going to court in the North is truly an adventure and you never know what to expect," Kilpatrick said.

THE CANADIAN PRESS

Society in transition

The territory, with a mostly Inuit population of about 33,000, experiences more violent crime per capita than anywhere else in Canada.

- The traditional role of the man as hunter and provider is fading away, leaving some men resentful about losing their place in society, Kilpatrick said. More Inuk women are becoming primary breadwinners.

"It's a society struggling to forge a new identity," Kilpatrick said.

- Suicide rates, particularly for teenagers, are far higher than in southern parts of the country.
- The rate of sexual assault is 10 times the national average, homicides 11 times and spousal violence 12 times.

Montreal group hacks away at corruption

Armed with little more than their laptops and a trove of government records, a small army of activists in Montreal has dedicated itself to tackling the city's corruption troubles.

The group, which gathered at a downtown community centre to pore over spreadsheets and city council minutes last week, is part of a growing movement in Canada that sees open data as a key way to make governments more efficient and honest.

More than 100 people, many of them computer programmers in their 20s and 30s, gathered for a "hack-a-thon"—a marathon for computer hackers.

The idea was to help uncover shady transactions by sifting through municipal records. It meant designing computer programs that can

Technology

"To fight corruption in the 21st century, you have to use 21st-century technology.... To do that, you have to use data."

Jonathan Brun, co-founder of Quebec Ouvert, which organized the Montreal meeting.

show trends or connections across thousands of documents.

Connecting the dots is no easy task.

Testimony at Quebec's ongoing corruption inquiry suggests a complex system of bid-rigging and kickbacks that involves political parties, civil servants, construction bosses and the Mafia.

Untold sums of public money have been squandered on projects that cost more



Jonathan Brun, co-founder of Quebec Ouvert, on Thursday in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

than warranted. The mayors of Montreal and Laval have stepped down amid the turmoil.

Open-data projects are sprouting up in cities across Canada.

So far, the projects have

ranged from the practical—an automated text message to remind you it's garbage day—to the scientific, like one study of how rising sea levels will affect coastal areas in British Columbia.

THE CANADIAN PRESS



Damage from an explosion and fire on a rig in the Gulf of Mexico, about 40 kilometres southeast of Grand Isle, La., on Friday. GERALD HERBERT/THE ASSOCIATED PRESS

Search ongoing for second rig worker in Gulf

Gulf of Mexico.

One dead and one missing after explosion and fire Friday

The company that owns an oil platform that caught fire in the Gulf of Mexico has vowed to continue searching for a second missing worker after a body was recovered in the waters near the site.

The remains of the unidentified person were found Saturday night by divers hired by Houston-based Black Elk Energy, coast guard spokesman Car-

Primary focus

"The workers impacted by this accident continue to be our primary focus."

John Hoffman,
CEO of Black Elk Energy

los Vega said. Vega said the coast guard would be turning over the remains to local authorities.

The coast guard has suspended its own search.

John Hoffman, the president and CEO of Black Elk Energy, wrote in an email Sunday morning that a second dive vessel has

been brought in to speed up the search for the second missing worker.

"The workers impacted by this accident continue to be our primary focus," Hoffman wrote.

He said the body was found close to the leg of the platform, near where the explosion occurred, in about nine metres of water. He said the missing men were employees of oil-field contractor Grand Isle Ship-

yard CEO Mark Pregeant released a statement that the company has notified the families but was declining to release names. THE ASSOCIATED PRESS

Pasadena

Six injured as two police chopper blades touch

Two police helicopters collided over a helipad Saturday, leaving five Pasadena, Calif., officers and a civilian with minor injuries, officials said.

Police believe the collision occurred when the rotator blades of a chopper that was landing and one that was taking off touched.

The collision caused the blade of one of the helicopters to fall off and its tail to break.

THE ASSOCIATED PRESS

Libya attack. Congress demands to know who axed terror conclusion

The U.S. Senate Intelligence Committee chairman says Congress has ordered the Obama administration to explain who exactly created its talking points on the Sept. 11 attack in Benghazi, Libya, and who omitted the CIA's early conclusion that terrorists were involved.

UN Ambassador Susan Rice used these talking points in talk-show interviews days after the attack to describe the assault as a protest that spontaneously turned violent.

THE ASSOCIATED PRESS

Talking points

CIA officials, including former director David Petraeus, told Congress last week they had determined quickly that al-Qaida was involved but wanted to keep that information classified.

Sen. Dianne Feinstein said she doesn't believe the White House tried to cover up the terrorism link.



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Shopping. Stores bank on Black Friday going mainstream in Canada

The Canadian holiday-shopping season is looking decidedly more American this year as retailers schedule a rush of Black Friday events in hope that consumers will shop at home, rather than south of the border.

Black Friday, widely considered the busiest shopping day of the year, is timed to Thanksgiving in the U.S. It may just be a random November day for Canadians, but shoppers are increasingly buying into Black Friday and Cyber Monday, when online retailers hold their sales.

A CIBC poll conducted by Harris-Decima released Monday suggests nearly one in

10 of the 1,000 Canadian respondents plan on making a purchase during the sales period — suggesting that millions of Canadians will be shopping for holiday deals this weekend.

But Canada's version of Black Friday won't be everything it's hyped to be, some suggest.

"It's a myth," says retail consultant Jim Danahy of CustomerLAB. "Stores are not bringing merchandise in any sooner than they were before. They are not changing their promotional calendars. It is simply the super-imposition of a term that exists in the United States here." **THE ASSOCIATED PRESS**

Console wars

Wii U faces new world on release

On Sunday, Nintendo Co. is launching the Wii U, a game machine designed to appeal both to the original Wii's casual audience and hardcore gamers. The Wii U's predecessor has sold nearly 100 million units worldwide since 2006.

But the Wii U arrives in a new world of a million gadgets and lean wallets, in which casual gaming thrives on smartphones, tablets and even Facebook.

"Nintendo has to be a cut above the noise here," says Ben Bajarin, a principal analyst at Creative Strategies who covers gaming. **THE ASSOCIATED PRESS**

Retailers challenge French naming law

Quebec. Language watchdog orders move to French names or slogans for retailers

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their commercial brand names to include some French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Quebecois de la Langue Francaise, wants the retailers to change their signs to either give themselves a generic French name or add a slogan or explanation that reflects what it is they're selling.

For example, Walmart, a



Gap is one of six major retailers protesting the Quebec language watchdog's insistence on French names or slogans. **DIMAS ARDAN/GETTY IMAGES FILE**

household name on the retail scene that doesn't really have a French equivalent, could change its signs to "Le Magasin Walmart."

But retailers say the language laws have not formally been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trademarked names.

THE CANADIAN PRESS



Tummy-Tuck Duck and Skinny Minnie

A pin-thin Daisy Duck and Minnie Mouse strut down a Paris runway in a new commercial for Barneys New York's upcoming holiday window display. The ad is drawing criticism from celebrities and consumers alike in the U.S., who say the commercial gives girls the wrong ideas about body image. **SCREENSHOT/YOUTUBE.COM**

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But you've got my numbers, I'm sure you'll stay in touch.
Oh by the way, I've called BDO."

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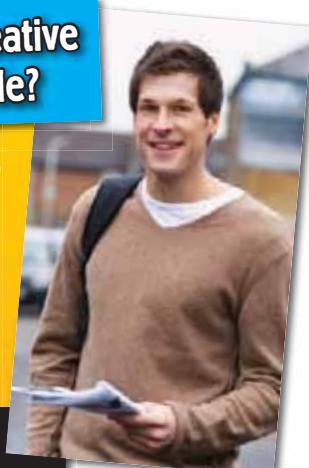
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CITY NEEDS TO BE QUESTIONED ON TAX INCREASE



URBAN COMPASS

Terence Harding
edmonton@metronews.ca

The city is proposing a tax increase at 5.5 per cent that is more than double the projected rate of inflation.

On its website, the city says that budget dollars go to "roads and public transit that move people; police, bylaws and fire-rescue services to keep people safe; parks, waste management and drainage to keep our communities clean and healthy; social programs and leisure activities."

No argument there. What I want to know is how much each of those individual items contributes to the 5.5 per cent increase. And how do they affect the increases in user fees that will go along with a tax increase? The administration wants to increase transit fares to \$3.20 per trip, or by almost seven per cent. One more tax disguised as a user fee.

Here is what you could be asking your city councillor: How much does an increase in the rates of pay for city employees contribute to the increase in tax? What is the increase in specific areas that contribute to the 5.5 per cent increase? What cost-containment measures did the city undertake in the past year?

Since the city is projected to grow by 1.3 per cent in the next year, why is a 5.5 per cent increase necessary? How much revenue was spent on things that do not really add to the quality of life in this city? The millions put into the Indy is a case in point.

I am hoping that there is at least one councillor who will take the time to ask the civic administration those kinds of questions. Maybe then we just might have a good sense of where our tax dollars are actually going. A good city councillor would also ask city departments to

prove that they have made every reasonable effort to curb costs. Answers to those questions would be very interesting indeed.

Another question that doesn't have anything to do with the budget is why the city allows eyesores to flourish. This city will pass a bylaw on stupid initiatives such as banning smoking on playgrounds faster than you can kiss a duck. But when it comes to the derelict Ramsey Block on Rice Howard Way or the gaping hole where the Arlington used to be, it insists there's nothing it can do.

Maybe I'll try using that excuse if I get a ticket for not shovelling my sidewalk.

Hello baby

Woman stopped for speeding gives birth on side of road

A police officer who pulled over a pregnant woman for allegedly speeding west of Kingston, Ont., Sunday morning ended up helping deliver her baby on the side of the road.

Police say the driver

from Stirling-Rawdon Township was in labour and racing to hospital when the officer stopped her vehicle in Belleville, Ont.

With the officer's help, the woman gave birth to a baby boy by the road, right in front of a grocery store.

Police say both mother and child were transported to hospital and are doing well.

CJBO/THE CANADIAN PRESS

President takes enlightening trip



CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its

centerpiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process under way inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

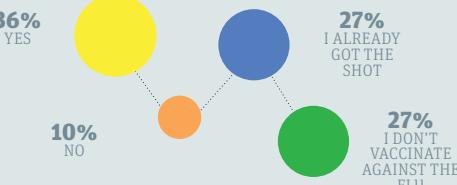
Online

For the latest on Obama's Myanmar trip, visit metronews.ca



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Are you more likely to get the flu vaccine now that you can get a nasal spray?



Twitter

@meadowmusings:

Looks like everyone in Edmonton who bought a Wii U this morning has it for sale on Kijiji. I hope no one pays those dumb prices. #yeg

@ishathompson:

Newest addiction: Royal Pizza. How have I grown up in #yeg and only now discovered this gem?

@ronlocke:

Can't believe they are selling #WiiU on #yeg #kijiji people trying to sell

them for \$700 rip off if anything wait for it to hit stores!

@timrhodes42:

It's only a dollar to park downtown (library parkade) on the weekends! #themoreyouknow #yeg #win

@Manitobalex:

Im going on the record here: NO one liked living in #yeg. People are only here for jobs. If we all could, we'd all leave.

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It's a hat trick for the Biebs

AMAs. Bieber shouts out to haters when he wins his first of three awards, while Nicki Minaj takes home two

Justin Bieber and Nicki Minaj performed together — and separately — at the American Music Awards. They both were also both multiple award winners.

Bieber's wins included the show's top award, artist of the year.

The singer's mom joined him onstage as he collected the top award.

He looked to his mom: "I wanted to thank you for always believing in me."

The 18-year-old won also won favourite pop/rock male artist in the first award handed out at Sunday's American Music Awards and gave a shout-out to those who didn't think he would last on the music scene.

"I want to say this is for all the haters who said that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans."

He also won favourite pop/rock album for Believe. He gave a stripped down, acoustic performance of As Long As You Love Me, sitting down as someone played the guitar. He transitioned to the dance-heavy Beauty and a Beat, where Minaj joined him onstage, grinding with the teen for a few seconds.

Minaj repeated her AMAs wins from last year, picking up trophies for favourite rap/hip-hop artists and album for Pink Friday: Roman Reloaded. She was in an all-white get-up, including fur coat and pink hair when she performed her new song Freedom. The scene was ghostly and snowy, as a choir — also

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metrone.ca/scene.



in white — joined her onstage. One background singer stole the performance, belting semi-high notes as Minaj looked on.

As Bieber won his second award, he was kissed on the neck by Jenny McCarthy, who presented the award.

"Wow. I feel violated right now," he said, laughing.

Bieber's red and black outfit seemed to be the night's theme, as Taylor Swift and Usher wore similar ensembles.

Usher kicked off the three-hour show with green laser lights beaming onstage as he performed a medley of songs, including Numb, Climax and Can't Stop, Won't Stop, which featured

a smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

Swift won her fifth consecutive award for favourite

pop/rock



Nicki Minaj tied Rihanna for most nominations.



Carly Rae Jepsen, of Call Me Maybe fame, jumps out of a pink telephone booth at the show. Jepsen won favourite new artist. "I am floored. Wow," she said. ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE NOTED



Justin Bieber, accepting one of his three awards of the night.



Usher kicked off the awards with the first performance.

country female artist.

"This is unreal. I want to thank the fans. You guys are the ones who voted on this," she said.

Along with Rihanna, Minaj was the top nominee with four nominations. "I don't do music for

awards," the 29-year-old said in an interview.

"I know they're going to come. I'm sitting here looking at my awards right now," she continued with a laugh. "I never stress it. I think of myself as I'll have a career long enough to get all those different awards."

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Gangnam Style Korean superstar Psy on the red carpet. THE CANADIAN PRESS



Painted skeletons gaze at and hold up performer Ke\$ha at the 2012 American Music Awards.

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No audience feedback for Community, but return is announced

In limbo. Show was set to be axed before NBC gave it reprieve, and star Joel McHale has confidence in latest episodes

NED EHRBAR
Metro World News in Hollywood

The cast of Community is deep into filming the show's fourth season, but can't shake the feeling that something's missing.

No, it's not show creator and former show-runner Dan Harmon, who was quite publicly and unhappily removed from his post this past spring after the witty comedy failed for three seasons to take off in the U.S. ratings.

No, it's the fan interaction that's missing, at least according to star Yvette Nicole Brown.

"We of course feel the loss of Dan, but as far as our day-to-day life of doing a show, it feels the same," she says.

"The only thing that's miss-

sing is because we're not airing we don't have that third part of our little group, which is the audience telling us what they think. It's usually us making it and then we have our audience going, 'Yay!' or 'Boo!' And we kind of course-correct.

"I'm the one, right when the show is on, if we're working, I go right on Twitter to look at the hashtags and see

Quoted
"All eyes are on you. It's like, how dare you think that you could possibly do this."

Jim Rash, actor and Oscar-winning writer
On writing a Community episode himself

what they're saying, and Joel (McHale) is like, 'What are they saying, Yvette?'

NBC, the show's network in the U.S., first ordered an abbreviated 13-episode fourth season of Community and then pushed it off the fall schedule, leaving it in limbo until it was recently announced it would return to North American audiences in

February.

But when we visited the set, the cast was already filming the season finale. "I guess you miss the feedback if it were to have started to air, but

I feel the episodes are good, so I'm not too worried about it," says McHale.

"With the forced hiatus last year and now the bumping of the date this year, I think it in-

creases the fans' resolve."

The changes have also opened up new opportunities for the cast, particularly for Jim Rash, who plays Dean Pelton. For season three, Rash was promoted to series regular status as his bizarre character became more involved in the show.

And season four finds Rash, who won an Oscar for co-writing last year's *The Descendants*, writing an episode himself, an experience that made him "neurotic and freaked out," he says.

"All eyes are on you. It's like, how dare you think that you could possibly do this?"

But co-star McHale says not to believe the false modesty. "Winning an Oscar helps," McHale jokes. "He brought the Oscar with him to set. A lot of the time it would be like, 'Jim, I don't really understand this line,' and then he would just hold up the Oscar and go, 'Is that clear? Good.'"



A scene from *Community*. HANDOUT

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Comedic chemistry

Who needs writers? Community stars Joel McHale and Jim Rash (himself an Oscar-winning screenwriter) prove in our interview that they'd make a dynamite comedy duo all on their own, often letting serious answers disintegrate into mock-insults and bizarre back-and-forths. Here's a sample:

METRO: What would you say is the strangest fan experience you've had?

JIM RASH: Well, seeing someone dress their kid up as Dean Pelton for Halloween, I guess is weird. Joel, you've probably had something weirder than I have.

JOEL MCHALE: I'm trying to think. There's inappropriate, but weird... There's never –

JIM RASH: I sent my sperm to one fan. Is that weird?

JOEL MCHALE: You did?

JIM RASH: She asked so nicely for it.

JOEL MCHALE: That's weird. That is weird. Don't do that again.

JIM RASH: What? I did it in private!

JOEL MCHALE: Well, I guess it's legal...



Jim Rash, a.k.a. Dean Pelton.
GETTY IMAGES

Glee's Murphy praises legendary Lear

Inspired. American Horror Story creator influenced by the innovative Norman Lear as pair are set to receive honorary awards

Glee co-creator Ryan Murphy didn't hesitate when given a chance to pay tribute to his American idol, legendary TV producer Norman Lear, at the 40th International Emmy Awards.

Lear's sitcom, All In the Family — and its spinoffs Maude and The Jeffersons — mixed humour with an honest examination of the key social issues of the day like, racism, sexism, even abortion, rape and homosexuality. Decades later, Murphy is follow-

ing the path blazed by Lear with his shows, Glee and The New Normal.

Murphy and Lear are to receive honorary awards at Monday night's International Emmy Awards Gala.

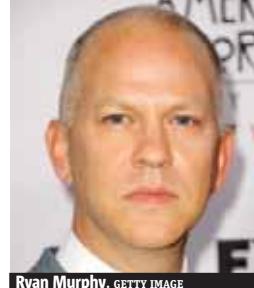
"I remember watching his shows when I was young and being moved by them," Murphy said of Lear from his production office in Los Angeles. "The way he tackled social issues so directly and opened a conversation about things no one wanted to talk about was fascinating to me."

"I try to do the same in my work, most recently with the Obama Mama episode of The New Normal, which was inspired by All in the Family."

In that Sept. 25 episode of his new NBC sitcom, about a gay male couple and the surrogate hired to carry their child, there's a heated discussion



Norman Lear GETTY IMAGE



Ryan Murphy GETTY IMAGE

sion at a dinner party over whether to support Barack Obama or Mitt Romney reminiscent of Archie Bunker's debates with his liberal son-in-law Mike, whom he called "meathead." Ellen Barkin's character, Jane Forrest, the surrogate's ultraconservative grandmother, is prone to making racist and homophobic remarks much like the

curmudgeonly working-class Bunker.

At Monday night's ceremony, hosted by Regis Philbin at the Hilton New York Hotel, Murphy will be presenting the 40th Anniversary Special Founders Award to Lear, now 90, and MASH star Alan Alda. The organizers wanted to mark the milestone anniversary by honouring a produc-

cer and performer who had groundbreaking shows on the air in 1972, when the International Emmys were first presented.

"Each of them is an iconic person in the history of the television business ... who were part of that incredible vanguard of a new kind of socially relevant, often in-your-face, television programs that really did change the medium," said Bruce L. Paisner, president and CEO of the International Academy of Television Arts & Sciences,

which presents the International Emmys honouring excellence in television programming produced outside the U.S.

To complete the circle, Jessica Lange, the star of Murphy's gothic contemporary TV series American Horror Story, will present him with the

honorary 2012 International Emmy Founders Award. "In terms of being at the cutting edge of changes in our society, Ryan Murphy may be the most significant producer in the industry today. He is trying very hard to change the way people think in ways that get people to be more inclusive and tolerant," said Paisner.

A total of 38 nominees from 15 countries will compete for awards in nine categories on Monday. Paisner said the International Emmys have come a long way since 1972, when about 100 people gathered in a New York hotel for a modest ceremony.

Now, the academy presents International Emmys in 20 categories. More than 1,000 television industry representatives from around the world are expected for Monday's gala.

THE ASSOCIATED PRESS

Mraz hopes gig will help Myanmar

Making history.

Singer-songwriter is first international artist to perform open-air concert in country since end of military rule

Jason Mraz will make history next month when he performs in Myanmar to raise awareness about human trafficking. Mraz will headline a free outdoor concert on Dec. 16 at People's Square in Yangon, at the base of Shwedagon Pagoda.

The Grammy-winning singer-songwriter is the first international artist to perform an open-air concert in the country since the end of military rule last year. And he is believed to be just the second Western act to perform in the country in decades, joining Ozomatli's U.S. State-Department-sponsored appearance in 2009.

"That's pretty exciting," Mraz said of the history involved, "and I'm going there with an enormous amount



Jason Mraz is set to make history with his Myanmar performance.
AP PHOTO

of gratitude and respect, and I hope we can actually make a difference. I hope it's also a testament to the songs. I've always wanted my songs to be about healing and self-empowerment, and if this is the way MTV is acknowledging that, then I am incredibly grateful."

The show includes local acts and is hosted by MTV EXIT, the music channel's initiative to raise awareness about human trafficking and

exploitation. It will be broadcast on Myanmar national television and will air on MTV's international network in 2013. Mraz hosted a similar concert in the Philippines last year. He first became interested in the issue about four years ago when he attended the Freedom Awards, an annual salute to those working against human exploitation put on by the organization Free the Slaves.

"I thought this was something that was abolished when Abraham Lincoln signed the Emancipation Proclamation, but all it did is become hidden from our view," Mraz said in a phone interview from Zurich, Switzerland. "There was a recent estimate that there are about 27 million people enslaved on the planet, certainly due to hard economic times not just in the western world but certainly in Third World countries. Humans as a commodity is a great way to run your business. So I signed on, lent my voice, lent my music to the cause."

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with Cockiness — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, *Unapologetic* (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Riha-

nna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

Bieber pulls a Romeo outside Gomez's gate... but with swear words?

Justin Bieber certainly seems to be trying to patch things up with Selena Gomez following their split two weeks ago — but it might be no use. After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, the pair reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to Us Weekly. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking and she drove off in her car," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway. He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed. But



Justin Bieber
ALL PHOTOS GETTY IMAGES

all is not apparently lost just yet, as Bieber's car was spotted still parked outside of Gomez's house the next day. But that night, Gomez stepped out with gal pal Taylor Swift, who knows a thing or two about dealing with breakups.

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Britney Spears

Britney may have her hooks in a little too deep for fiancé's liking

Trouble may be brewing between Britney Spears and fiancé Jason Trawick, according to Us Weekly. Sources say that Spears has become something of a nag and makes Trawick "check in with her" and

it's driving him crazy. A source adds that Trawick will "put her on speaker phone so friends can hear her nagging." Spears' reps, though, say there's no truth to the story, calling it fabricated.



Taylor Swift

Dear Taylor: Swift serving as resident love doctor for Seventeen

With an impressive number of failed romances under her belt — and the songs of heartbreak to prove it — Taylor Swift might be the last person you'd want to listen to for relationship advice, but Seventeen magazine is letting her do just that. Swift is serving as a guest advice columnist for the maga-

zine's December issue. "Remember that people have to fall in love with you because they want to, not because you want them to," Swift writes. "Don't chance ruining your friendship by chasing him before he's ready. You just have to wait for him to turn it into something more, if and when he wants to."



Joe Simpson

Simpson sees his day of sentencing

Joe Simpson had his day in court last week, pleading not guilty to two charges of driving under the influence stemming from his Aug. 4 arrest, according to E! News. Despite

the plea, Simpson was sentenced to 36 months of probation and fined \$390 plus penalties. He was also ordered to complete a three-month alcohol education program.

Twitter



@WhitneyCummings

I think someone needs to tell the Victorias Secret fashion show about porn



@JasonAlexander

I have filled the basement with Twinkies and Wonder Bread. They will probably outlive me. I am ready for the End Times now.



@msleamichele

Ok so Ringo Starr just walked passed me at the recording studio and said hi to me. What?!?!



@GarryShandling

If you're head of the CIA and can't hide an extramarital affair it means it can't be done. Case closed, fellas.

Travel etiquette

Grooming grief



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness

a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something

stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.



Emergency or not, change your baby in private. iSTOCK

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Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.



3
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Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions. The best time for massage is when baby is awake, healthy and happy. Some

babies prefer the morning, while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required, using oil can help make massages more enjoyable for some babies and parents. Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

receptive to it (when sleeping, crying or fussy). Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising. Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach.



The key to the baby massage? Relax, enjoy and have fun. iSTOCK

Benefits for baby

Here's how a massage can help your youngster.

- Encourages healthy weight gain
- Increases brain development and growth
- Stimulates all systems of the body
- Aids in digestion
- Eases discomforts associated with gas, constipation and congestion

How to dress (your kids) to impress

As a parent, sometimes it's all you can do to make sure your kid's clothing is clean, let alone fashionable. But your little one deserves to look his or her best. So we asked the stylists at U.S.-based Wittlebee, an online service that sends members a box of specially curated kids' clothing, for their tips on how to turn your child into your most stylish accessory.

Pick colours that work for their skin tones.

What colours look best on them? What washes them out? What colours bring

out their eyes?

Invest in quality items. No one wants to spend a fortune on expensive baby items when turnover is so high. But the best kids' wardrobes have a mix of moderately priced items, as well as several quality pieces. Then you can feel confident you'll always have something on hand for a fancy event or just a walk to the school bus.

Don't forget comfort. Look at their body shape

and think about what they should wear that is most comfortable for them. For example, leggings are best for babies who have chubby legs and overalls are better for those who have bellies so that their waists won't get pinched.

Add some flair to basics to make a statement. You don't have to buy a crazy, zigzag patterned dress to make your little one stand out. Instead, go for a more elegant, blue pinstriped dress. If it's chilly out, you can

layer this with a tiny cardigan and some solid leggings.

Dress your kids according to their personalities.

If you have an outgoing and fun child, go with bright colours and bold patterns. If they are more subdued and calm, maybe even a bit shy, it might be best to steer away from bold patterns.

Don't worry, you can add subtle flair with texture and a great, classic colour palette.

METRO



Clothing should reflect a child's personality. iSTOCK

Fire up your weeknight with a quick and easy Pot au Feu



This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.
2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.
3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the

Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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rosereisman.com

The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 1/2 day's worth.



Equivalent

Equivalent to 10 tbsp of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.



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Pull flank on complex recipes with overlooked cut of beef

Flank steaks are lean cuts from the rear side of the cow and are characterized by rich, deep beefy flavour and a slightly chewy texture. For the weeknight home cook, flank steaks are the perfect cut. They can be tossed with a marinade the night before and left in the refrigerator until dinner. And they cook in just minutes on the grill or under the broiler. As with all meat, flank steak should rest for 5 to 10 minutes after cooking before slicing to let the juices redistribute.

1. In a blender, combine the vinegar, garlic, peppercorns and 1 teaspoon of kosher salt. Blend for 20 seconds, then transfer to a wide, shallow bowl.

Ingredients

- 1/4 cup balsamic vinegar
- 2 cloves garlic
- 1 tablespoon black peppercorns
- Kosher salt
- 1 1/2 pounds flank steak
- 2 pears, peeled, halved and cored
- Crumbled blue cheese, for topping



This flank steak dish takes 30 minutes and serves four. THE ASSOCIATED PRESS

2. Add the steak to the marinade, turning to coat. Refrigerate for at least 30 minutes. When ready to cook, heat the broiler with a rack 6 inches from the heat. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray.

Broil everything for 5 minutes, then use tongs to flip the steak and pears. Broil for another 5 minutes for medium-rare.

3. Cut each pear half into 4 slices, then arrange them on one half of the prepared baking sheet.

Let the steaks rest for 10 minutes, then cut into thin slices against the grain. Divide the slices between 4 serving plates, then top each with pear slices.

4. Remove the steak from the marinade and set it on the other half of the sheet.

Top each serving with a bit of crumbled blue cheese before serving.

THE ASSOCIATED PRESS

'This is my hobby gone wild'

Nothing to wine about. Up-and-coming urban winery winning praise in unlikely zone

When you picture a winery, you might imagine a rustic building nestled among breezy rows of grapes, not a cinder block bunker squeezed between a rail switching yard and an urban highway.

But the gritty industrial zone that Pacific Breeze winery calls home, with its tangle of transportation lines, chain link fences and blacktop, hasn't stopped this urban winery from scoring a string of top awards only a few years after being launched by a couple of amateur winemakers.

"This is my hobby gone wild," said Pacific Breeze co-owner Maurice Hamilton, who founded the winery in 2005 with his partner, Frank Gregus, after the two met at a wine club in Coquitlam, B.C.

Hamilton, who still works at his original job selling dental supplies, and Gregus, a former Pepsi salesman, have no formal training in making wine, but between them claim more than 50 years of experience producing wine in their garages and basements. Running a commercial winery was only a dream, until Hamilton visited Woodinville, Wash., where he found small wineries operating without vineyards.

"It gave me the idea I don't have to grow grapes to have a winery. So that was really the a-hah moment, the revelation that, wait a minute, I can do this," he said, envisioning a stand-alone winery. He pitched the idea to Gregus, who was quickly on board.

"You put two entrepreneurial salespeople in a room and this is what happens," Gregus said.

With an initial invest-



Maurice Hamilton, left, and Frank Gregus raise a glass at their winery in an industrial area of New Westminster, B.C. DARRYL DYCK/THE CANADIAN PRESS

Cheers!

"Virtually everything we put in won best in its class. We were really proud of that."

Maurice Hamilton
Pacific Breeze co-owner

ment of \$1.2 million, including bank loans and some of their own money, the partners set up Pacific Breeze, inspired by the urban wineries they'd seen in the U.S. and the so-called "garagist" small

winery movement in Europe.

Picking the New Westminster industrial area was a matter of zoning, price and convenience, but Hamilton admits it's a tough sell when they're trying to lure people in to sample their products.

"People come into the tasting room all the time and go, 'Oh wow, where's the winery?' And you know what they're asking is, 'Where's the vineyard?' Of course they think they're the same thing, but they're not. The vineyard is where you grow the grapes; the winery is where

you do the manufacturing," Hamilton said.

The partners say having a vineyard can limit the quality of wine they can make, and their approach is to cherry pick the best grapes they can find in Washington, Oregon and California.

"So rather than have it all in one area, we take the best that each area has to offer for that particular variety of grape," Gregus said.

Harry Hertschag, executive director of the Vancouver International Wine Festival, said the key issue for

him is the source of grapes is made clear on the label so consumers know exactly what they're getting.

"I think it's great that

Pacific Breeze is doing that

because they're telling you what vineyards its coming from and that's a good thing," he said.

He also sees a growing movement of having wineries that are closer to their marketplace.

"I think we're going to see more of these type of urban wineries, which also allow people to visit them, or be

Peculiar place to grow?

A surprisingly grape location

Last year, Pacific Breeze turned a small profit for the first time and expanded into space next door, confirming its commitment to its unlikely locale.

• "We're in a terrible location, we get that," Hamilton said. "To this day we have people come to us and say, Well, you couldn't make world class wines in New West. Why couldn't you if you've got the grapes? Because it's really about the grapes."

able to use those spaces for wine events without having to drive five hours to the Okanagan to have that experience," he said.

Hamilton and Gregus currently produce 5,000 cases a year, including reds like the winery's signature cabernet Killer Cab, a zinfandel called Assazin and whites like chardonnay and pinot gris.

Their wines proved an immediate hit, with Pacific Breeze claiming awards at the first competition it entered — in San Francisco in 2005 — before being named winery of the year in 2010 at the InterVin International Wine Awards in Toronto.

"Virtually everything we put in won best in its class," Hamilton said. "We were really proud of that."

"There's a thousand decisions that go into making wine from grapes to bottle," Gregus said of the company's awards. "But one thing that doesn't change is if you don't make great fruit you cannot make great wine."

THE CANADIAN PRESS



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The In-Credibility Factor

Name: Julian Brass
City: Toronto and Montreal
Age: 29
Occupation: Founder and publisher of Notable.ca



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Julian Brass started hosting events at a young age and loved bringing people together. After working in Florida and California, he decided to move back to Canada and start Notable.ca, an online resource for connecting young, driven, professional adults with elements relevant to taking their professional and social life to the next level.

During the startup phase, Brass was living in his father's basement with no income. Four years later, Notable.ca has a team of 25 people handling more than one million visitors a month.

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we started to have repeat advertisers approaching us to work together again. You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right. That was an exciting feeling the first time it happened. Now, it's a regular occurrence.

Relishing in the repeat

"You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right."

Julian Brass
Founder of Notable.ca

Action Plan

- **Cut out all the noise**
If you truly want your business to succeed, you have to care more about it than anything else. Once you do, you'll get clarity and you'll go after your goal in a much more concerted way. At the end of the day, it's worth it.
- **Set a goal and work backward**
Envision yourself five years from now and work backward. That will give you a path. It will change, but it will at least get you moving forward.

• **Effort and sacrifice**
If it was easy, everyone would do it. For people to accomplish things that others haven't, you have to put forth a greater effort and sacrifice more than others are willing to give up. I can guarantee it will be worth it in the end and I would give nothing back for the ride I've had in the last four years.



Julian Brass. PROVIDED

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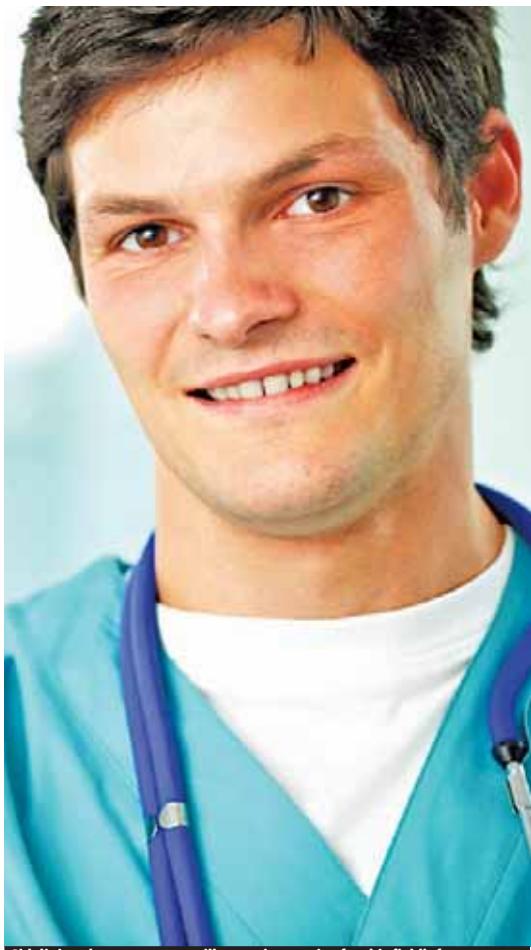
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No, I don't want no scrubs

Let's hear it from the boys. The doors are wide open for males to enter the nursing field, so where are the applicants?

BRUCE WALSH
life@metronews.ca

Chad O'Lynn has taught nursing at Montana State University and the University of Portland. In 2006 he co-authored the first comprehensive academic book on men in nursing. But his latest, *A Man's Guide to a Nursing Career*, is intended



Sidelining the stereotypes will prove imperative for this field's future. iSTOCK

as a pragmatic introduction for men in the field or those considering it.

Is there still a big demand for nurses?

Yes. Even in a tight job market, we're facing a looming nursing shortage.

Can nursing be a good second career?

Definitely. In fact, there's research that suggests that men are more likely to come to nursing as a second career.

In the U.S., what percentage of nurses are men?

Depending on the source, it ranges from about 6.9 to 7.2

per cent. It's one of the most gender-imbalanced fields in the health profession.

Has that number changed over the years?

In 1960 it was one per cent. In the '90s it was around five per cent. So, not much, comparatively.

Is there a perception that

most men in nursing are gay?

That's an unfortunate, damaging stereotype. There's no evidence to suggest that. Sadly, being gay carries a stigma in our society, so men may reject the idea of a nursing career because of it. My sense is that that perception is less of a problem today than it used to be. In years

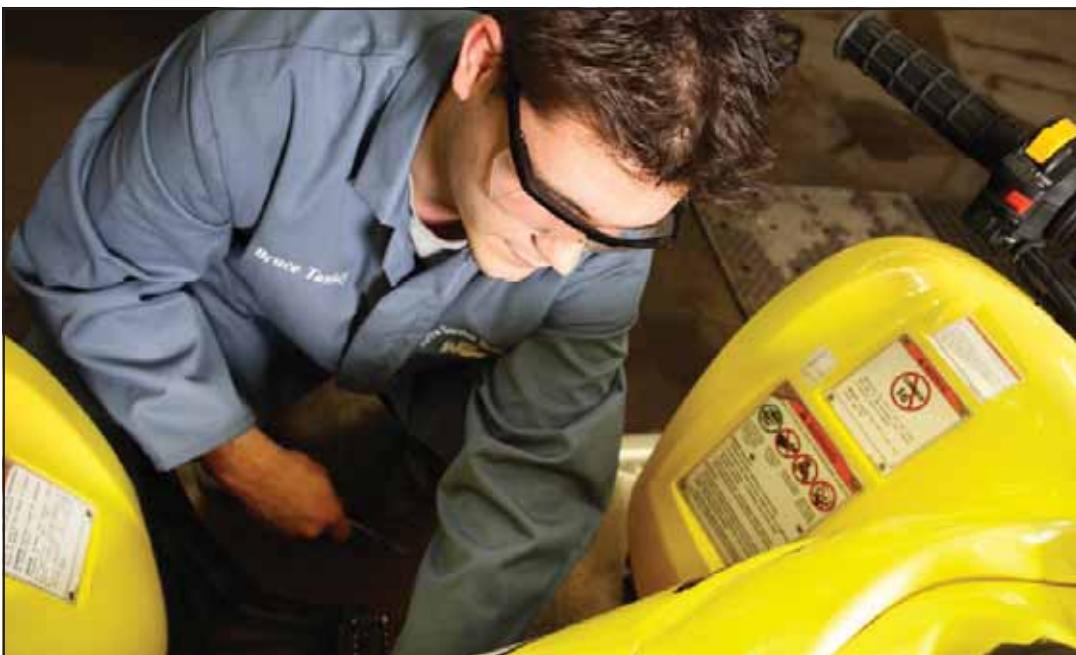
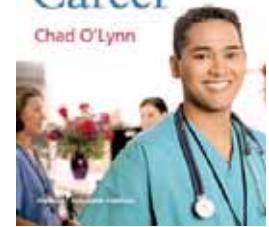
gone by it was a huge problem, and it was well documented in the literature.

Has there been a push by any major institutions to get more men in nursing?

The short answer is no. Men are not a minority group, so they can't be given preferential treatment in recruitment programs.

A Man's GUIDE TO A Nursing Career

Chad O'Lynn



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Stamps' Glenn rises to West final test

CFL. Calgary quarterback will get championship chance after years of disappointment

At long last, Kevin Glenn is going to get a chance to play in the Grey Cup.

Glenn threw for three touchdown passes as the Calgary Stampeders upset the B.C. Lions 34-29 in the CFL West final on Sunday before a disappointed crowd of 43,216 at BC Place Stadium.

The Stampeders, who finished second in the West Division behind B.C. during the regular season, will play the Toronto Argonauts in the CFL title game next Sunday in Toronto.

The loss denied the Lions a second straight Grey Cup.

Glenn drew the starting quarterback assignment after

Quoted

"You know this was a game to have an opportunity to play for a championship, and Calgary earned it today."

B.C. Lions quarterback Travis Lulay

Drew Tate fractured his forearm in last weekend's West semifinal win over Saskatchewan, ending his season.

Glenn has now earned a Grey Cup berth for the first time in his well-travelled, 12-year CFL career.

"It means a lot to actually be able to actually get a team there and actually be playing in the game," said Glenn.

He was denied the opportunity in 2007 after he led the Winnipeg Blue Bombers to victory in the East final but, ironically, also suffered a fractured arm. That year's Grey Cup, which the Bombers lost to the Saskatchewan Roughriders

with Winnipeg backup quarterback Ryan Dinwiddie making his first start of the season, was also in Toronto.

Glenn, a 33-year-old Detroit native, was not expected to play much this season after being acquired in an off-season trade from Hamilton as part of the package for former Calgary QB Henry Burris.

Instead, Glenn played most of the Stampeders' games because Tate suffered an early season shoulder injury, and then was bypassed for the first playoff game.

Marquay McDaniel, Maurice Price and Romby Bryant caught Glenn's touchdown

passes. Backup quarterback Bo Levi Mitchell ran for another TD, while kicker Rene Paredes supplied the rest of Calgary's points.

"The line gave me great protection and we were able to get behind their (defensive backs) and throw the ball deep and take some shots, and that's what we'll have to do when we get to Toronto," said Glenn, who completed 15 of 24 pass attempts for 303 yards.

Lions defensive back Korey Banks, on an interception, and receiver Nick Moore on a last-minute reception, scored touchdowns for the hosts.

Paul McCallum provided B.C.'s other points by kicking five field goals.

"It's a disappointing day," said Lions quarterback Travis Lulay, who completed 33 of 46 passes for 274 yards. "You just hate to come up short in the big one." THE CANADIAN PRESS

East Division final

Ray guides Argos back to Toronto

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf, and now they can say "mission accomplished."

A masterful Ray passed for 399 yards and dominated the ground game as the Argos stunned the Alouettes 27-20 in the CFL East Division final before 50,122 at Olympic Stadium on Sunday in Montreal.

"He took some big hits and hung in there," coach Scott Milanovich said of his veteran quarterback. "I thought he played a tremendous football game, but that's what he's here for."

"That's why he's the one we wanted."

The Argos will play in the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a win over B.C. Sunday's game against Calgary will be played in Toronto.

"It's been a long season for us, but we've stuck together and just played it one game at a time," said Ray, acquired last winter from Edmonton. "Now we've got the opportunity to do what we set out to do."

Ray threw a TD pass to Donte'relle Inman and Chad Kackert scored on a run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings. THE CANADIAN PRESS



Argos quarterback Ricky Ray throws on Sunday in Montreal.

THE CANADIAN PRESS

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NBA

Raptors Calderon, Bargnani rise to Magic's challenge

José Calderon helped the Toronto Raptors get a key win — by getting Andrea Bargnani involved in the game early.

Calderon had 18 assists in Toronto's 97-86 win over the Orlando Magic on Sunday, while adding nine points of his own. Bargnani scored 17.

"I thought Andrea was playing with some bounce and passion," Raptors head coach Dwane Casey said. "José got him going and got him involved early. José is a leader. I cannot say how much I respect his game, his leadership, his heart."

Both Bargnani and DeMar DeRozan were hot early in the game as Toronto opened up a 10-point lead after one quarter.

DeRozan had 11 of his 20 points in the opening quarter. Bargnani added nine in the opening 12 minutes and finished with 17 points. He also had five rebounds, two blocked shots and two steals for the game. **THE CANADIAN PRESS**

NFL

Ravens slip past short-handed Steelers

The Baltimore Ravens shut down Byron Leftwich, and Jacoby Jones supplied the offence they needed to grab control of the AFC North.

Jones returned a punt for a touchdown, Justin Tucker kicked two field goals and Baltimore beat the Pittsburgh Steelers 13-10 on Sunday night in another slugfest between two of the NFL's biggest rivals.

The Ravens (8-2) moved two games in front of the Steelers (6-4) by shutting down Pittsburgh's offence, which sputtered without injured quarterback Ben Roethlisberger.

THE ASSOCIATED PRESS

St-Pierre keeps nearly peerless legacy intact

MMA. Montreal fighter 'had a lot of fun' in punishing return to octagon at UFC 154

Striking coach Phil Nurse took one look at Georges St-Pierre in the locker-room before his UFC 154 main event and had a flashback to April 2008.

"Somebody asked me in the locker-room, 'How's Georges looking?' I said, 'You know what? The last time I saw him like this is when he flattened Matt Serra at the same arena,'" Nurse told The Canadian Press.

"That was the (Serra) rematch and that's the last time I've seen him so nervous but itching to go as well, like, 'I just want to get it done quick.'"

At UFC 83, it took St-Pierre just under two rounds to reclaim his 170-pound championship belt from Serra.

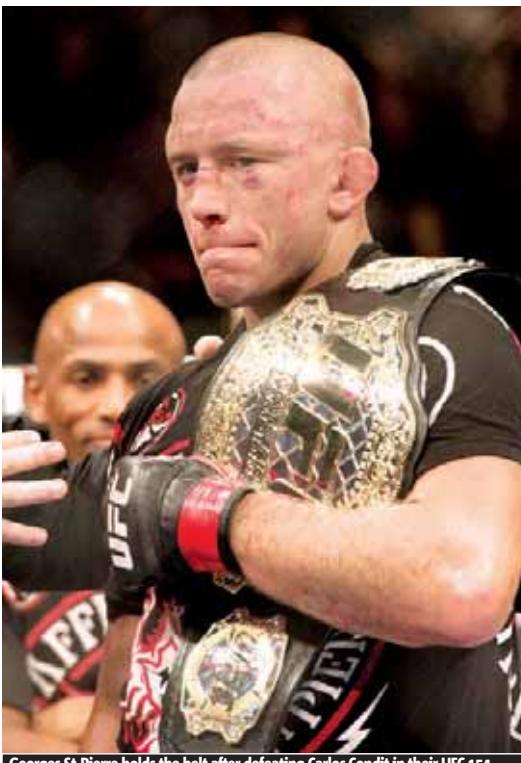
On Saturday night before a loud and proud Bell Centre crowd of 17,249 in Montreal, it was longer and bloodier. But it proved to be convincing.

Returning from a layoff of 18 months and 18 days after reconstructive knee surgery, a relentless St-Pierre won a five-round decision over Carlos Condit to unify the welterweight title.

They each won a \$70,000 bonus for fight of the night. St-Pierre, as the UFC's top pay-per-view draw, no doubt got millions more.

The judges scored it almost a shutout for St-Pierre: 49-46, 50-45, 50-45. But it was still a bruising, take-no-prisoners fight with St-Pierre pushing the pace from the opening. And the champion was in real danger in the third round.

St-Pierre, who said he got his fire back after such a lengthy layoff, called the fight



Georges St-Pierre holds the belt after defeating Carlos Condit in their UFC 154 welterweight title fight on Saturday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Silva up next?

Montreal's Georges St-Pierre has now won 10 straight fights and not lost in more than five years.

• His legacy could be further defined in the next year. The GSP win likely means a superfight showdown with middleweight champion Anderson Silva.

"a blast."

"I was getting hurt, it was painful, but I had a lot of fun. I love my job," he added.

St-Pierre (23-2) said his

knee felt fine, but being away from the cage for so long, he forgot the full-bore fighting experience.

"The suffering, this feeling of not giving up," he said.

After the fight, St-Pierre had a fat lip, cuts under both eyes and on the bridge of his nose, and a thick band of red abrasions and bumps on his shaved head.

While St-Pierre said he felt some rust, he essentially looked as good as new against a difficult opponent.

"It's huge. Tonight was a big, big night as far as his legacy is concerned," UFC president Dana White said of St-Pierre. **THE CANADIAN PRESS**

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NBA**EASTERN CONFERENCE**

	W	L	Pct	GB
New York	7	1	.875	—
Milwaukee	6	2	.750	1
Brooklyn	6	2	.750	1
Miami	8	3	.727	1 1/2
Philadelphia	6	4	.600	2
Boston	6	5	.545	2 1/2
Atlanta	4	4	.500	3
Charlotte	4	4	.500	3
Chicago	5	5	.500	3
Indiana	4	7	.364	4 1/2
Orlando	3	6	.333	4 1/2
Toronto	3	7	.300	5
Cleveland	2	8	.200	6
Detroit	2	9	.182	6 1/2
Washington	0	8	.000	7

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	8	1	.889	—
San Antonio	8	2	.800	1 1/2
L.A. Clippers	7	2	.778	1
Oklahoma City	8	3	.727	1
Minnesota	5	4	.556	3
Dallas	6	5	.545	3
Portland	5	5	.500	3 1/2
L.A. Lakers	5	5	.500	3 1/2
Golden State	5	5	.500	3 1/2
Utah	5	6	.455	4
Denver	4	6	.400	4 1/2
Houston	4	6	.400	4 1/2
New Orleans	3	5	.375	4 1/2
Phoenix	4	7	.364	5
Sacramento	2	8	.200	6 1/2
Division leaders ranked in top four positions and best eight teams qualify for playoffs				

Sunday's results

New York 88 Indiana 76
Toronto 97 Orlando 86
 Brooklyn 99 Sacramento 90
 Philadelphia 86 Cleveland 79
 Oklahoma City 119 Golden State 109
 Detroit 103 Boston 83
 Portland 102 Chicago 94
 L.A. Lakers 119 Houston 108
Saturday's results
 Boston 107 **Toronto** 89
 Utah 83 Washington 76
 Dallas 103 Cleveland 95
 Memphis 94 Charlotte 87
 Milwaukee 117 New Orleans 113
 San Antonio 126 Denver 100
 Miami 97 Phoenix 88
 L.A. Clippers 101 Chicago 80
Munday's games — All Times Eastern
 Indiana at Washington, 7 p.m.
 Milwaukee at Charlotte, 7 p.m.
 Orlando at Atlanta, 7:30 p.m.
 Denver at Memphis, 8 p.m.
 Golden State at Dallas, 8:30 p.m.
 L.A. Clippers at San Antonio, 8:30 p.m.
 Houston at Utah, 9 p.m.
Tuesday's games
 Toronto at Philadelphia, 7 p.m.
 New York at New Orleans, 8 p.m.
 Brooklyn at L.A. Lakers, 10:30 p.m.

RAPTORS 97 MAGIC 86

ORLANDO (86)
 Davis 8-17 0-0 16, Moore 5-11 4-4 16,
 Afflalo 4-10 6-15, Vucevic 5-11 2-4 12,
 Nelson 3-13 2-8, Nicholson 2-7 4-5 8,
 Jones 3-5 0-0 7, McRoberts 1-3 0-0 2, Ayon
 1-2 0-0 2, Harkless 0-1 0-0 0. Totals 32-80
 18-21 86.
TORONTO (97)
 Derozan 8-16 3-5 20, Bargnani 7-19 2-2,
 17, Johnson 5-6 4-5 15, Kleiza 5-9 0-0 12,
 McGuire 5-9 1-2 11, Calderon 3-8 1-1 9,
 Valanciunas 2-5 2-6 6, Davis 2-3 1-2 5,
 Lucas 1-4 0-0 2, Ross 0-1 0-0 0. Totals 38-80
 14-23 97.

NBA SCORING LEADERS

	G	FG	FT	PTS	Avg
Bryant, LAL	9	.85	.56	242	26.9
Harden, Hou	9	.75	.76	240	26.7
Durant, OKC	10	.85	.63	245	24.5
James, Mia	11	.108	.39	269	24.5
Irving, Cle	9	.78	.46	220	24.4
Anthony, NYK	7	.58	.37	163	23.3
Aldridge, Por	9	.78	.37	193	21.4
Mayo, Dal	11	.77	.44	234	21.3
Batum, Por	9	.66	.29	187	20.8
Crawford, LAC	9	.60	.44	186	20.7
Ellis, Mil	8	.65	.35	162	20.3
Pierce, Bos	10	.62	.56	199	19.9
Gay, Mem	9	.69	.32	178	19.8
Westbrook, OKC	10	.69	.46	196	19.6
Bosh, Mia	11	.79	.57	216	19.6
Lillard, Por	9	.61	.29	174	19.3
Holiday, Phi	9	.63	.33	172	19.1
Howard, LAL	9	.62	.48	172	19.1
Derozan, Tor	9	.63	.40	170	18.9
Walker, Cha	8	.55	.37	150	18.8
Williams, Bro	7	.44	.31	130	18.8
Deng, Chi	9	.64	.32	167	18.6
Lopez, Bro	7	.52	.25	129	18.4
Duncan, SA	10	.70	.37	178	17.8
Jennings, Mil	8	.52	.21	140	17.5
Griffin, LAC	9	.62	.32	156	17.3
Randolph, Mem	9	.60	.35	155	17.2
Martin, Okl	10	.47	.52	171	17.1
Curry, GOS	9	.53	.30	153	17.0
Smith, NYK	7	.45	.13	117	16.7
Afflalo, Orl	8	.50	.21	132	16.5
Monroe, Det	10	.67	.31	165	16.5
Anderson, NO	8	.51	.7	131	16.4
Dragic, Phi	11	.63	.37	179	16.3
Bargnani, Tor	9	.50	.31	145	16.1
Not including last night's games					

Sunday's results

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 Portland 102 Chicago 94
 L.A. Lakers 119 Houston 108
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 Golden State at Dallas, 8:30 p.m.
 L.A. Clippers at San Antonio, 8:30 p.m.
 Houston at Utah, 9 p.m.
Tuesday's games
 Toronto at Philadelphia, 7 p.m.
 New York at New Orleans, 8 p.m.
 Brooklyn at L.A. Lakers, 10:30 p.m.

GOLF**LPGA TOUR****CME GROUP TITLEHOLDERS**

	At Naples, Fla.	Par 72	Final round
Na Yeon Choi, \$500,000	67-68-69-70-274		
So Yeon Ryu, \$106,379	66-72-68-70-276		
Brittany Lincome, \$77,171	68-69-70-70-277		
Karrie Webb, \$59,698	69-69-71-69-278		
Al Miyazato, \$48,050	70-64-71-74-279		
Karin Icher, \$39,313	67-70-70-73-280		
Cristie Kerr, \$27,811	67-74-71-69-281		
Azahara Munoz, \$27,811	72-72-67-70-281		
Shanshan Feng, \$27,811	70-69-69-73-281		
Anna Nordqvist, \$27,811	69-70-69-73-281		
Caroline Hedwall, \$20,442	70-69-73-70-282		
Lizette Salas, \$20,442	68-71-73-70-282		
Inbee Park, \$20,442	70-70-72-70-282		
Danielle Kang, \$16,482	69-75-70-69-283		

SOCCER**MLS PLAYOFFS****CONFERENCE FINALS**

(two-game, total-goals series)

EASTERN CONFERENCE**D.C. UNITED VS. HOUSTON**

(Houston advances 4-2 on aggregate)

Sunday's result

Houston 1 D.C. United 1

WESTERN CONFERENCE**SEATTLE VS. LOS ANGELES**

(Los Angeles advances 4-2 on aggregate)

Sunday's result

Seattle 2 Los Angeles 1

MLS CUP

Saturday, Dec. 1 — All Times Eastern

Houston vs. Los Angeles, 4:30 p.m.

SUNDAY'S INTERNATIONAL SCORES**ENGLAND****PREMIER LEAGUE**

Fulham 1 Sunderland 3

League Championship

Millwall 1 Leeds United 0

FRANCE**LIGUE 1**

Bordeaux 1 Marseille 0

Lyon 1 Reims 0

Nice 1 Toulouse 0

GERMANY**BUNDESLIGA**

1899 Hoffenheim 1 VfL Wolfsburg 3

Werder Bremen 2 Fortuna Dusseldorf 1

ITALY**SERIE A**

Bologna 3 Palermo 0

Catania 2 Chievo 1

Fiorentina 4 Atalanta 1

Inter Milan 2 Cagliari 2

Siena 1 Pescara 0

Udinese 2 Parma 2

Sampdoria 3 Genoa 1

SPAIN**LA LIGA**

Deportivo La Coruna 0 Levante 2

Colt Vigo 1 Mallorca 1

Getafe 2 Valladolid 1

Granada 0 Atletico Madrid 1

Sevilla 5 Betis 1

PT

Beatrix Recari, \$16,482

Sandra Gal, \$16,482

Cindy Lacrosse, \$16,482

Suzann Pettersen, \$13,658

I.K. Kim, \$13,658

Julieta Granada, \$13,658

Brittany Lang, \$13,658

Jiyai Shin, \$12,231

Amy Yang, \$12,231

Sun Young Yoo, \$11,328

Giulia Sergas, \$11,328

Mina Hirai, \$10,309

Yani Tseng, \$10,309

75-73-69-70-287

Lindsey Wright, \$10,309

67-74-72-72-287

Catrina Matthew, \$8,453

Sydney Michaels, \$8,453

Katherine Hull, \$8,453

70-72-74-72-288

Ilhee Lee, \$8,453

Angela Stanford, \$8,453

Hee Kyung Seo, \$8,453

Stacy Lewis, \$8,453

72-72-73-71-288

70-70-72-72-288

70-74-72-72-288

74-75-71-68-288

70-72-74-72-288

72-72-73-71-288

70-74-72-72-288

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70-72-72-74-288

70-72-72-74-288

70-72-72

Horoscopes

Aries

March 21 - April 20

You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

Taurus

April 21 - May 21

Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

Gemini

May 22 - June 21

You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

Cancer

June 22 - July 23

You may be tempted to push your luck today, and maybe your gamble will pay off — and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

Leo

July 24 - Aug. 23

Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

Virgo

Aug. 24 - Sept. 23

Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

Libra

Sept. 24 - Oct. 23

Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

Scorpio

Oct. 24 - Nov. 22

No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

Sagittarius

Nov. 23 - Dec. 21

A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

Capricorn

Dec. 22 - Jan. 20

Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

Aquarius

Jan. 21 - Feb. 19

The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

Pisces

Feb. 20 - March 20

It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself — and you'll get your chance over the next few days. SALLY BROMPTON

Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 1°
MIN: -10°



MAX: -10°
MIN: -10°



MAX: -10°
MIN: -17°



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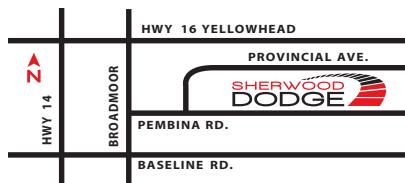
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	\$23,860	\$20,860	\$31,860	\$20,860	\$18,860	\$14,860	
	2012 DODGE RAM 3500 MEGA CAB LONGHORN 4X4 #2R34674A	2007 DODGE NITRO SLT 4X4 #2IN8015A	2007 FORD F-250 CREW LARIAT DIESEL LIFT #2R22660A	2009 KIA SPORTAGE 4X4 #2DR5236B	2009 DODGE DAKOTA QUAD 4X4 #2R19236A	2005 JEEP TJ SPORT 4X4 #3R25147B	
	\$56,860	\$13,860	\$23,860	\$16,860	\$19,860	\$10,860	
	2006 DODGE RAM 1500 Q/C LONESTAR #2T45345A	2008 SUZUKI GRAND VITARA JLX #23C9201A	2002 JEEP GRAND CHEROKEE LAREDO 4X4 #2R19240D	2008 FORD EXPLORER XLT 4X4 #EN3134B, 7 PASSENGER	2007 DODGE NITRO SXT 4X4 #2P45915A	2009 DODGE RAM 1500 4X4 Q/C #2R14736A	
	\$18,860	\$11,860	\$7,860	\$19,870	\$11,860	\$20,860	
	2010 TOYOTA TUNDRA TRD D/C #2R17164A	2007 GMC YUKON DENALI 4X4 #2R18764A	2009 JEEP GRAND CHEROKEE LAREDO 4X4 #2R10353A	2011 HONDA RIDGELINE EX-L 4X4 #2R15772A	2011 FORD F-250 CREW DIESEL 4X4 #2R22910A	2012 BMW 528XI #2R35176A	
	\$28,860	\$21,860	\$19,860	\$33,860	\$38,860	\$58,860	
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	2008 INFINITY G37 PREMIUM #3JN4502A	2007 SUBARU IMPREZZA AWD #2TJ1958A	2008 CHRYSLER ASPEN 5.7L LTD #2R16526A	2010 ACURA ZDX SH AWD #3TJ7113A			
	2008 JEEP PATRIOT NORTH 4X4 #2R35199B	2009 VW JETTA TDI #2P45915B	2007 MAZDA RX8 #2R15763B	2007 CHEV TRAILBLAZER #2GC7002B			
			2007 MERCEDES S600 AMG #P3269				



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SALES HOURS:
Mon Thurs. 9am 9pm;
Fri. 9am-6pm; Sat. 9am-6pm;
Sun. 11am-4pm